

Gentle Cesarean Birth Preferences Guide

This guide is designed to help you share your preferences for your scheduled cesarean birth with your care team. Safety for you and your baby is always our top priority.

PATIENT NAME: _____

DATE OF BIRTH: _____

SCHEDULED C/S DATE: _____

PROVIDER: _____

SUPPORT PERSONS: _____

DOULA NAME: _____

BABY'S NAME & GENDER: _____
IS IT A SURPRISE?

IMPORTANT MEDICAL INFORMATION

Do you have any allergies we should know about?

☐ No known allergies

☐ Yes (Please list medications, foods, adhesives, etc., with reactions.)

BEFORE YOUR SCHEDULED CESAREAN

Eating and drinking before surgery

To help keep you safe during anesthesia and reduce risks during surgery: Do not eat or drink anything for at least 8 hours before your scheduled cesarean unless otherwise instructed by your provider.

This includes food, gum, candy, and drinks including water.

☐ I understand fasting instructions.

☐ I have questions.

Please arrive two hours before your scheduled surgery time.

MY OPERATING ROOM ENVIRONMENT

Atmosphere Preferences

☐ Quiet environment if possible

☐ Aromatherapy/scent preference: _____

Music Preferences

We provide speakers in the operating room, so you can personalize your birth experience.

☐ Music during surgery

Favorite genre, artist, playlist, or album: _____

☐ No music/quiet environment

Relaxation Features

☐ Galaxy lights projected on ceiling

☐ Dimmed lights when possible

SUPPORT PERSON PREFERENCES

One care partner/support person may remain at the bedside during your cesarean birth.

My support person/care partner: _____

During Surgery

☐ Support person at bedside during surgery

☐ Support person joins after baby is delivered if medically appropriate

☐ Support person joins during recovery only

☐ No support person present

Photos/Video

☐ Photos before and after birth

☐ Pictures of mom's face and bonding moments during surgery per policy

☐ No photos/video

BABY'S BIRTH EXPERIENCE

Viewing Baby at Delivery

A clear drape allows you and your support person to see your baby being born if medically appropriate.

- ☐ Clear drape if medically appropriate
- ☐ Standard drape
- ☐ No preference

Umbilical Cord

- ☐ Delayed cord clamping  if medically appropriate

How long? _____

- ☐ I would like more information.

CARE TEAM PREFERENCES

USA Health Children's & Women's is a teaching hospital. Your comfort matters.

Provider Preferences

- ☐ Comfortable with all healthcare providers
- ☐ Prefer only female healthcare providers when possible
- ☐ Will discuss with my care team

Student Participation

Today's learners are tomorrow's doctors. By welcoming a medical student into your care team, you help train the next generation of physicians while receiving care from a fully supervised team. **Medical students will not perform surgery or make incisions.**

- ☐ Students may participate.
- ☐ Students may observe only.
- ☐ Prefer no student involvement.
- ☐ Please discuss students first.

OTHER PREFERENCES

What would help you feel calm and supported during your cesarean birth?

- ☐ Clear explanations
- ☐ Encouragement/reassurance
- ☐ Step-by-step explanations before procedures as medically allowable
- ☐ Limited conversation in the OR
- ☐ Minimal interruptions

Other: _____

ADDITIONAL NOTES

Please share anything else that is important for your care team to know (cultural or religious considerations, special requests, fears/concerns, etc.):

DONATION OPPORTUNITIES

USA Health offers eligible families the opportunity to donate umbilical cord blood and the placenta to support lifesaving research and future medical advances.

Placental Donation

Donate your placenta through telaGen. Donated birth tissue may be used to help heal burns, surgical sites and non-healing wounds.

- ☐ Yes
- ☐ No
- ☐ I would like more information.
- ☐ I plan to take my placenta home.
(If so, please bring a cooler. For your safety, do not consume.)

Cord Blood Donation

After your baby's birth, cord blood that would otherwise be discarded may be donated to help treat serious diseases and support future medical breakthroughs.

- ☐ Yes
- ☐ No
- ☐ I would like more information.

AFTER BABY IS BORN

Immediate Care

After birth, baby will go to the warmer briefly for an assessment by our pediatric team to ensure a safe transition. Your support person may accompany baby if appropriate.

Skin-to-Skin Contact

- ☐ Skin-to-skin in the OR/recovery if medically appropriate
- ☐ If I am unable, my support person may do skin-to-skin.
- ☐ No preference

Feeding Preferences

- ☐ Breastfeeding 
- ☐ Formula feeding
- ☐ Combination feeding
- ☐ Breastfeeding assistance/lactation support

NEWBORN MEDICATIONS AND ROUTINE CARE

These medications are recommended to help protect your baby after birth. Please discuss questions with your provider or nurse.

Vitamin K injection: helps prevent serious bleeding
☐ Yes ☐ No ☐ More information

Erythromycin eye ointment: protects baby's eyes
☐ Yes ☐ No ☐ More information

Hepatitis B vaccine: protects against hepatitis B
☐ Yes ☐ No ☐ More information

COMMUNICATION AND PRIVACY

To protect patient privacy, medical updates cannot be given over the phone. Please choose a designated support person to share updates with family and friends if desired.

☐ I understand the phone update policy.

My support person is _____

Cell phone: _____

PHOTOGRAPHY AND VIDEOGRAPHY POLICY

Photography and video are welcome before and after birth. During cesarean birth, photos may be taken of mom's face and bonding moments; however, photography/videography of the actual delivery process is not permitted per hospital policy.

☐ I understand hospital photography guidelines.

IMPORTANT REMINDER

Birth preferences help guide your care team about what matters most to you. Medical circumstances may require changes to the plan for safety. We will keep you informed and honor wishes whenever possible. **Our primary goal is a healthy pregnancy, a healthy parent and a healthy baby.**

Thank you for sharing your preferences with us.
We look forward to caring for you and your baby!

**Please bring this completed form with you to the hospital
and discuss it with your care team.**